

Types of Physical Activity

Lifestyle Physical Activity

- Walk or ride bicycle for transportation instead of car or bus.
- Take the stairs instead of the elevator.
- Park at the far end of the parking lot, and walk to your destination.
- Mow the grass, and rake the leaves.
- Get off the bus one stop early, and walk the rest of the way.
- Walk every hole if you play golf.
- Dance at every opportunity you have.
- Walk the dog, if you don't have one, borrow someone else's.
- Do some extra laps when you are shopping at the mall.
- Chop or split wood.
- Wash your car.
- Vacuum often.
- Get up to change the TV channel.
- March in place during TV commercials.
- Walk upstairs every time you have something to carry up, instead of waiting for a pile.
- Walk down the hall to talk to a coworker instead of picking up the telephone or sending an email.
- Stretch while watching TV.
- Stand up while you're talking on the telephone.

Programmed Physical

Aerobic

- Walking
- Jogging
- Stair climbing
- Swimming**
- Water walking*
- Water aerobics*
- Gardening
- Dancing-any type
- Aerobic classes
- Bicycling**
- Roller or ice skating
- Snow skiing
- Chair exercises**
- Machines
 - Treadmill
 - Stair climber
 - Stationary bike**
 - Row machine**
 - Ski machine*
 - Elliptical trainer*
- Sports
 - Basketball
 - Tennis
 - Golf
 - Touch football
 - Ultimate frisbee
 - Soccer

Flexibility

- Stretching
- Yoga
- Tai Chi

Strength

- Free weights (dumbbells)
- Elastic bands
- Circuit machines
- Pilates
- Conditioning exercises
- Medicine balls

* = low-impact activities

**= non-weight bearing activities

MOVE!

